

IN THE CLAIMS

Please cancel Claims 1-19.

Please add new Claims 20-27 as follows.

20. (New) In a liquid composition for replenishing electrolytes lost by passive transpiration/perspiration, the improvement comprising said liquid composition comprising from about 0.3 to about 0.7 g/liter of a sodium compound; from about 0.3 to about 0.5 g/liter of a potassium compound; from about 1.2 to about 1.8 g/liter of a magnesium compound; from about 0.2 to about 0.8 g/liter of a calcium compound; from about 0.002 to about 0.005 g/liter of a manganese compound; from about 0.04 g/liter to about 0.08 g/liter of a zinc compound; from about 0.025 to about 0.25 g/liter of Rutin; from about 0.00013 to about 0.0003 g/liter of Biotin; from about 0.004 to about 0.03 g/liter of beta-carotene; and from about 0.005 to about 0.02 g/liter of alpha-tocopherol.

21. (New) The liquid composition of Claim 20, wherein the sodium compound is sodium chloride, the potassium compound is potassium phosphate, the magnesium compound is magnesium pidolate, the calcium compound is calcium acetate and calcium ascorbate dihydrate, and the zinc compound is zinc gluconate.

22. (New) In a powder composition for replenishing electrolytes lost by passive transpiration/perspiration, the improvement comprising said powder composition comprising from about 50 to about 170 mg of a sodium compound; from about 80 to about 150 mg of a potassium compound; from about 300 to about 500 mg of a magnesium compound; from about 50 to about 1,000 mg of a calcium compound; from about 0.6 to about 1 mg of a manganese compound; from about 10 mg to about 20 mg of a zinc compound; from about 2.5 to about 25 mg of Rutin; from about 0.03 to about 0.08 mg of Biotin; from about 1 to about 4 mg of beta-carotene; and from about 2 mg to about 8 mg alpha-tocopherol.

*Claim 23*

23. (New) The powder composition of Claim 22, wherein the sodium compound is sodium chloride, the potassium compound is potassium phosphate, the magnesium compound is magnesium pidolate, the calcium compound is calcium acetate and calcium ascorbate dihydrate, and the zinc compound is zinc gluconate.

24. (New) In a unitary solid composition for replenishing electrolytes lost by passive transpiration/perspiration, the improvement comprising said solid composition comprising from about 6 to about 11 mg of a sodium compound; from about 8 to about 12 mg of a potassium compound; from about 18 to about 22 mg of a magnesium compound; from about 0.3 to about 0.5 mg of a manganese compound; from about 4.0 to about 6.2 mg of a zinc compound; from about 1.3 to about 1.8 mg of vitamin C; from about 2.0 to about 2.5 mg of Rutin; from about 0.005 to about 0.008 mg of Biotin; from about 0.04 to about 0.06 mg of beta-carotene; and from about 0.05 to about 0.15 mg alpha-tocopherol.

25. (New) The solid composition of Claim 24, wherein the sodium compound is sodium, the potassium compound is potassium phosphate, the magnesium compound is magnesium oxide, and the zinc compound is zinc gluconate.

26. (New) In a composition for replenishing electrolytes lost by passive transpiration/perspiration, the improvement comprising said composition comprising, when solubilized: at least 100 parts by weight of potassium ion; sodium ion in an amount not exceeding 250 parts by weight; at least 100 parts by weight of magnesium ion; a carbohydrate source not exceeding 2.5% by weight, zinc in an amount not exceeding 30 parts by weight and manganese in an amount not exceeding 10 parts by weight.

27. (New) The composition of Claim 26, wherein the sodium and potassium ions are provided by including in the